

## APPENDIX 5. Resources

### GUIDELINES:

**At the Canadian Society for Exercise Physiology website** <http://www.csep.ca/home> (under the header “Guidelines”) find:

- *24-Hour Movement Guidelines for Children and Youth*
- *Canadian Physical Activity and Sedentary Behaviour Guidelines Handbook*
- *Canadian Physical Activity Guidelines for adults 18–64 and for adults > 65 years old*
- *Physical Activity Guidelines for Special Populations (e.g., Multiple Sclerosis, Spinal Cord Injury, Parkinson’s Disease)*

### FOR PROVIDERS:

**Exercise is Medicine** <http://www.exerciseismedicine.org> (a global health initiative to advance the implementation of evidence-based strategies to elevate the status of PA in healthcare) has a wealth of resources under the Health Professionals tab, including:

1. “Healthcare Providers’ Action Guide” ([http://www.exerciseismedicine.org/support\\_page.php/health-care-providers](http://www.exerciseismedicine.org/support_page.php/health-care-providers))
2. And tailored prescriptions for specific chronic medical conditions and a sample prescription tool: <http://www.exerciseismedicine.org/canada/>
3. **Exercise is Medicine Canada** <http://www.exerciseismedicine.org/canada/> Canadian branch of the initiative also has great resources including a quick guide to prescribing exercise:

**Motivate2Move:** A UK website with a comprehensive, research-based look at Physical Activity, including guidelines, health benefits, behaviour change, getting started and a resource section.

<https://gpcpd.walesdeanery.org/index.php/welcome-to-motivate-2-move>

**FYSS:** Physical Activity in the Prevention and Treatment of Disease (2008) from Sweden. A very comprehensive chapter by chapter review with specific chapters dedicated to 32 different diseases.

<http://www.fyss.se/fyss-in-english/chapters-in-fyss/>

### FOR PATIENTS:

**Health Link BC.** Provides parents with tips on helping their child and teen become more active

<https://www.healthlinkbc.ca/health-topics/aba5595#aba5598>

**Heart and Stroke,** Get healthy/Stay active:

<http://www.heartandstroke.ca/get-healthy/stay-active?gclid=CliaqqDN3dECFc62wAod4q0CsA>

**ParticipACTION:** <http://www.participaction.com/> for strategies engaging Canadians in more physical activities

<https://www.participaction.com/en-ca/programs>

**Specifically for men: Don’t Change Much** provides simple exercises to incorporate into daily life

<http://dontchangemuch.ca/>

**Make Your Day Harder:** A Canadian website created by Dr. Michael Allen with an **entertaining** video to show how physical activity can be incorporated into everyday activity; how to get started. <http://www.makeyourdayharder.com/>

**Arthritis Society resources:** <https://www.arthritis.ca/living-well>

**Physical Activity and Pregnancy** websites:

- <https://www.healthlinkbc.ca/health-topics/hw194995>;
- [http://www.phac-aspc.gc.ca/hp-gs/guide/04\\_pa-ap-eng.php](http://www.phac-aspc.gc.ca/hp-gs/guide/04_pa-ap-eng.php)
- <http://parc.ophea.net/resource/active-pregnancy>

**Reviews of the best self-monitoring electronics for 2017:** an approximate cost for each of pedometers (\$22-\$134), fitness trackers (\$125-\$200), smart watches (\$106-\$430) <http://www.toptenreviews.com/>

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